

# Apple Dijon Kale Salad

## INGREDIENTS

SERVINGS: 4  
TIME: 20 MIN

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1/2 teaspoon minced garlic
- 1 1/2 tablespoon dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 pound chopped kale
- 1 medium granny smith apple
- 1/4 cup raisins
- 1/2 cup walnut halves

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# Apple Dijon Kale Salad

## PROCEDURE

1. Rinse chopped kale under cold water in a colander - allow it to drain
2. In a small bowl, whisk together the olive oil, apple cider vinegar, dijon mustard, garlic, salt, and pepper
3. Wash apple and chop into small pieces, chop walnuts into halves and add to large bowl
4. Make sure kale is as dry as possible, and add to bowl
5. Slowly add in dressing and toss salad until desired amount added



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